



Goals

GUIDE TO SETTING GOALS

Deborah Dickinson | The Feminine Warrior
Empowerment Mindset Coach



Being on purpose Empowering the Authentic YOU

My intention and purpose of this document is to help guide you into a mindset that is right for you. My mentor encouraged me to read, act, do, teach.

This is not a step by step action plan; we are all unique and what I want to for you is to be in a state of reflection and realisation of your true potential. We all need to know where the start line is. So be honest with yourself, understand and admit where you are right now, your ground zero. It's at ground zero that you will truly start to realise a) why things didn't change b) maybe it was just not the right plan c) why you haven't been tracking to plan.

Be kind to yourself; you have, regardless of how you might be feeling right at this moment, you have already achieved a lot.

As a coach I help people who are feeling frustrated and stuck in their lives and/or not sure what to do next. I help them identify a clear vision of what direction they want to take and to visualise how that would translate into what they would love their lives to look like. I then coach them through a very specific process that enables them to achieve their dreams, to continue to be on purpose and to continue to be consciously living in their state of authentic self and empowerment.

Getting results for you is my only focus. How will you do this?

You will:

- be aware of areas in your life that are holding you back
- be aware of your self-sabotaging behaviours
- be aware of the unresourceful language/self-talk you have
- create your positive mindset
- discover your success pattern

You will learn how to re-engage with your purpose and your passion. It will be here you find how to be empowered to stay connected to the Authentic YOU.

Learning to set Goals

What are goals? They are a series of tasks we set ourselves to achieve something in the future, they can be set 5 minutes from now or 12 months from now. Recognise that it is in the now we decide what actions we need to take to achieve our future desires.

Having sat down with many people working on this exercise, I discovered some people can have a fear of the word goal. It may provoke different meanings of what a goal represents and that is OK, for now. If this is you, all you need to do is replace goal with a word that resonates with you more comfortably, (project, design, dream ...)

Looking at how we set goals – It may be on the spot, you saw or heard something that inspired you or it is just time to take control of your outcomes. As Tony Robbins says: “Life doesn’t happen to you, it happens for you.” How powerful is this for both our personal lives and our professional lives when we understand that. Do you say things like, oh my competitor is already doing that or complaining about what you don’t have because you didn’t have the same opportunities? Regardless, we all share one thing, the power to make choices. When we choose to say those sorts of negative things to ourselves, we choose to believe that life is happening to us. The flip side of this choice is to believe that life is happening for us and everything that occurs both good and bad is developing us into the person we were always meant to become. I know which one of these mindsets I’d prefer to be operating from.

We set goals for ourselves daily, from, I will exercise 30 mins every day to I will have a very successful business by 2025. Oh and yes, it is okay to have more than one. So, let’s look at what forms a powerful goal.

There are three parts to setting powerful goals

The major reason for setting a goal is for what it makes you do to accomplish it. This is the value in goal setting, the action you take to achieve it. The power lives in the actions, they are the fabric of what makes up our lives. The path to live the life you have been craving.

- They must be inspiring
- They must be believable
- They must be goals you can act on

When your goal inspires you, you believe in it, when you believe in it you will take massive action to accomplish it.

Now, let's look at what one of my mentors Jim Rohn believes. He believes, that there are four main areas we should cast emphasis on. I will dive deeper into these more later in the document.

Evaluation and Reflection - Firstly to know what we want in the future and how to get there is to know where we are at right now and how satisfied we are right now in our life.

Dreams and Goals - What are they? Firstly, let me tell you what they are not; they are not related to your past, they are not what you think you can get. They have to be what you want. Have you really sat down to think and connect with your values in life?

Deciding and creating goals from a place of what you really want. They have to be for you and from you, not what others say you should do, or what your culture or environment tells you this is what success looks like. Dreams and goals must be born from your heart and your mind "the longest journey you will make is from your head to your heart" Dreams and goals are unique to you and they come from who you were created to be.

SMART Goals - Specific, Measurable, Attainable, Realistic and Time-sensitive

- *Specific* – Do not be vague. It must be exactly what you want, every detail, use all your 5 senses (see, hear, feel, smell and taste)
- *Measurable* – Quantify it and how you will know you have achieved it or not?
- *Attainable* – Be honest with yourself, truly honest with yourself, about what you can reasonably achieve at this point in time, keeping in mind to take into consideration all of your other responsibilities
- *Realistic* – It has to be do-able, real and practical
- *Time* – Put a timeframe on it, when will you complete the goal

Accountability - Accountability, think about it, it means to give an account. When someone knows what your goals are, they can hold you accountable. It may be your partner in life or business, it may be a coach/mentor. You might be working in a team and you are all reaching for the same goal. Whichever it is, telling someone else this will give you that additional boost and drive to achieve your outcome.

Putting all four of these together will catapult you to achieving your dreams and goals, ultimately creating the life that you have always desired.

Ok, let's get started, are you ready? What do I need I hear you say? All you need is you, in a quiet place with a pen and paper. If there is one thing I have learnt from my mentors it's that when you write things down, when you take your thoughts and or what you hear and apply physical action (like writing it down) you will emphasise it more, you will connect with it more.

But before we get into this, I want you to be aware of the five things that affect us.

The Environment – We all get affected by our environment good or bad, as Ghandi said “Be the change you want to see in the world”. This can be as simple as pick up one piece of rubbish every day, imagine what a difference that would make.

Events – Big, small, personal, national or global they all affect us, some more significantly than others. Family events, daily events, community events we are all affected by events.

Knowledge – We are affected by what we know and by what we don't know. I read this statement and it affected me, so I wanted to share this with you:
Ignorance is not bliss. Ignorance is tragedy. Ignorance is devastation. Ignorance creates absence. Ignorance creates disease. Ignorance will shorten your life. Ignorance will empty your life and leave you with the husks, nothing to account for. No ignorance is not bliss.

So, learn all that you can, if you don't understand something, learn about it. Learn the opposite of what you

believe in. Read all kinds of books, self-help books, auto biography's, even topics you feel you don't need to know

about. It is always good to have some knowledge of the the opposite of what you like or believe in. For every book you don't read, that will be the book that won't be able to help you.

Results – Our results affect us. Whether these are financial, personal or social all results affect us. Disciplines/rituals undone, in the future will deliver us poor results. Disciplines/rituals managed, will give us good to great results

Our Dreams – We are affected by our dreams, by our vision of our future.

When you start to create your goals and design your future, ensure that's exactly what you are doing.

Do not design your future from the events of your past, from the events that have repeatedly not supported your goals, have repeatedly not served your purpose. The only thing you will create is what you already have. "Nothing changes if nothing changes"

Some people live in the past consistently, they are designing their future through the experiences of the events of the past. "The longer you live in the past the less future you have to enjoy". If you are being vague on your dreams, your objectives and your purpose, the plan won't be strong enough, it won't be powerful enough and your focused energy on your future will become weak.

Goals are like magnets the stronger they are the stronger they attract. The bigger they are the bigger the attraction. Let's face it we will have down days and at these moments it is focusing on your goal that will pull you through. When the goals are big enough, you will work through the things that normally hold you back. When you remain disciplined to the actions that are needed to accomplish your future, your future will pull you through. Know this, getting through the down days or obstacles will get easier and easier, the more you commit.

Now, as promised diving deeper into the four things we need emphasis on.

Evaluation and Reflection – Find a quiet place. This is best done away from any distractions. You want to minimise your distractions to get the best out of spending time with yourself.

You will do this to set your goals and you will return to do it on a regular basis, whether that is weekly, or every other week just ensure to set this up as a regular thing to do, and hold yourself accountable. A traffic light system is a great resource to highlight how you are tracking e.g. what you need to keep doing (green), change tact (orange) or stop doing (red).

It is important to look back at what you have accomplished, as you progress be specific be honest, be brutally honest this is your future this is your dream, your goals. You can only move forward when you know exactly where you are right now. Write everything down, keep a record of everything so you know what you are evaluating each time and you know exactly where you were the last time.

Now that you have reflected on your past actions it is time to stretch yourself. Now that you have done this, you now know what works, so continue doing it. You will also know what didn't work, so stop doing it, change it or throw it out. Be purposeful, evaluate what you have achieved in your goal and highlight what you need to focus on. Each and every time you sit down to do your evaluation and reflection it will become the new base line. Every step up or forward becomes your new ground zero.

We must allow ourselves time to dream more, dream bigger reflecting on what we have accomplished. It is important to take time out of our busy schedules achieving our life goals to acknowledge and be grateful.

Those that don't stop to evaluate and reflect are up and down, not sure if they are coming or going, busy with something but not sure what, treading water. They are living by their circumstances, society pressure, community pressures and unfortunately their personal weaknesses.

Ok its time, let's do this. If you can't do it right now set a date and time to set aside at least 2 hours and enjoy being in the present designing your future.

Establishing your Dreams and Goals - Think of it, establishing your dreams and goals, being specific and looking for it deep within your heart, you can create the future you have always desired.

Remember, what makes this even more powerful is the actions we take to pursue them. We have the ability to set the plan, the strategies to set the goals and the drive to achieve the dreams. Massive action creates massive powerful momentum.

What are your Dreams and Goals - Just to be very clear these are not what you already have or have done this is all about what you want! This is where you get to ask yourself, what do I really want?

If you haven't stopped to reflect on this before, I encourage you to take the time to sit, reflect and feel what is in your heart to see what dreams are living inside you. Your dreams are there within you, you just need to allow yourself to see them, feel them and listen to them. When you see, feel and hear them you will be able to translate them into a strategic action plan that you will pursue. So, listen to you, not to others, listen to your own dreams not those of other's dreams and desires. When you allow yourself to be affected by your those around you, they will put their dreams and desires on you. If you live and design your life from someone else's dreams and desires, it just won't work, it must be for you not via you, otherwise, you will end up being the one that sacrifices something in the end. I know, as this was me for 20 plus years.

We all possess our own unique dreams and desires. We just need to listen to our own hearts and let our passion come through. So, get writing, write them down, get them out onto paper. Let your heart flow through your pen and when done you have created a list. Take your list now, and prioritise which things are the most important, which are most feasible, which would you love to do the most. Now order them in a way that ensures you will achieve them. Could be, what can I do now versus I need other resources before I can start that, therefore getting those resources must form part of the plan. It could be smaller projects with the one big project or the over long-term project.

Now, you are ready, this is where you start moving towards action, not just dreaming. Those that set dreams and act on them will live with a sense of joy and peace as they near the end of their lives. They will have identified, achieved and accomplished their dreams with pride for themselves and their families.

Remember your specific goals are born from your heart and are unique to you. They are specific goals that align to what you want to achieve, to live a joyful and peaceful life and bring fulfillment to you and your family.

Set the SMART GOAL - We want to set the goals that our heart conceives, that our mind believes and that our bodies will carry out.

Specific. This is not a place where you waffle or are vague, ambiguous goals create ambiguous results. You can't come from a place of guessing or wondering you must be specific because this is where the power is. Never underestimate what is possible. Get specific. A SMART goal is specific.

Measurable. Your goals must be measurable, we must know where we are in relation to them being achieved, we must know how much we have advanced, whether that is measured in hours, dollars, kilo's or whatever it might be, we must know how we are moving forward. Imagine not knowing in what direction you are going or that you are moving at all. A SMART goal is measurable.

Attainable. One of the damaging things people do and they do set them with good intentions, is set goals that are unattainable, unachievable. Yes, we need to set big goals but it is very important that they are attainable. What does this mean? An attainable goal is real, realistic and doable in a shorter period of time than you have to work in. To be clear, I don't mean make our goal easy, our goals should stretch us, they should be just outside our reach, so we have to stretch forward to achieve them. A SMART goal is attainable.

Realistic. Real. A goal must be something that can be real or a reality in our lives. There are some goals that simply are not realistic. You must be able to say, even though stretched, it is still absolutely realistic. If A, B and C are achieved then X, Y and Z can be done. It might appear that it is realistic to you but unrealistic to someone else. So, it doesn't hurt to have someone help you with your plan, just ensure the someone you select is optimistic and not a pessimist. This will help you know what is realistic and will also help you know the difference between attainable and realistic. Losing weight is a perfect example, goal is to lose 30Kg, it is realistic and attainable. A person can lose the weight, attainable. But if your timeline is not realistic then it is not attainable e.g. lose 30kg in 6 weeks. Set it for 6 months and now it is both attainable and realistic. A SMART goal is realistic.

Time. Every goal must have a timeline, put simply no timeline = ongoing procrastination. We start because there is a finish timeline. We work to not get behind, we work to meet the deadlines. So, break your goals down into measured lots of time. Set smaller goals to achieve the bigger goal inside the timeline you set. A SMART goal has a timeline.

Accountability - OK, so now how do we apply the SMART test to our goals to ensure they are powerful.

You need to enter into a contract, this is key to any goal setting. I am not specifically talking about a legal agreement, as we have a tendency to assume this is what is meant by a "contract". I am referring to a contract that is a promise, it is a promise to you firstly, then between you and your accountability partner. Accountability puts grit in the game.

There are two accountability agreements. The internal, with self and the external, with a partner. Accountability means to give an account of your actions. Accountability ensures follow up. Human nature is such that when we know someone is going to ask us about something, we will be much more motivated to get it done.

Internal accountability, what level of integrity and congruency are you going to apply throughout this entire process of achieving your dreams and desires? You need to hold yourself accountable, to do what you said you were going to do. If you have messed up then simply admit it, but make sure you recognise what you have achieved to date, celebrate it and then start again, now.

An exercise you can do is, write down your goals, objectively, be ruthless in your honesty with yourself, break it down, know what and why you met the goals you set. If you fell short, then buckle down, take accountability and do whatever it takes to get the task done. Set the timeline to do whatever it takes and hold yourself accountable.

External accountability, your partner and remember you need to pick one, who is optimistic not a pessimist, will hold you accountable to what you have committed to. You will commit to giving them an account of your actions on a regular basis. You know what this is, it like when your mum or your maths teacher set you a task you know they are going to follow up if it is done or not. Depending on how you set up, the consequences of not doing it, you will motivate yourself to have it done before the question of the consequence arises.

When we do this, we take it to the next level.

Let me just finish with this, you need both accountability pieces, internal and external for this to work and be powerful. If you are not honest with yourself or your partner, goals become wish list, it will never work.

“Life is only as good as your mindset”

The Challenge

Ok let's go take what you know and get to work challenging yourself to become the Authentic YOU.

Push beyond the boundaries you have been living in and look at your life through your eyes not anyone else's. Just remember it doesn't matter if you are short, tall, skinny or fat what matters is how tall, strong, you feel knowing that what you are doing is allowing you to live your life on your terms the way you have always desired your life to be for you and your family. Goal setting is key to challenging yourself to grow, to become more than you are today.

“Nothing changes until you change. Everything changes, once you change”

Julian Lennon